

**ABSTRACT OF THE DISCLOSURE**

A mechanical device, comprising a single plate that is connectable under a chair and with which an actuation rod can be associated transversely for the combined rotation and translational motion of an intermediate element  
5 pivoted inside a box-like body that is partially accommodated at a first seat formed below the single plate, the box-like body being associable with a central column and interacting with oscillation compensators that interact with the single plate.